WEBINAR CHAT NOTES
April 9, 2020
*Caring for Ourselves in Times of Crisis*

Moderator
Deanna Frings, MS Ed, CPXP
Vice President, Learning and Professional Development, The Beryl Institute

Panelists
Lou Lacey, LPC, Director of Emotional Wellness, Children’s of Alabama & Helen Riess, M.D., Founder, CEO, Empathetics, Inc. | Associate Professor of Psychiatry, Harvard Medical School

Question: Where do you feel strong today?

Rachel Delevett: Feel strong in my connections with my team both medical and child life team

Jerusa: Being grateful is a great way to feel safe and strong today.

Nikki Orkoskey: Connecting with my team virtually

Tiffany Christensen: The Beryl Institute has a #PXGratitude video series where we thank those on the frontlines with a 30 sec video. If you want to do a video, please email me @tiffany@theberylinstitute.org for more info

Lina Allen: I feel safe and strong as I keep my children close during this time

Teresa Prouty - Dayton Children’s: Stay positive and stay connected with friend, family and co-workers. Remind yourself this is only temporary, and we will get through this better and stronger!

Mary Beth Mielke: I definitely feel safe and stronger surrounded by my family in my home. I am still working in the hospital.

Susan Lee-Shareef: IN MY FAITH

Lana Wolter: I feel strong doing my part to stay at home because I can work from home

Avry Eichwald, LCSW: My capacity for compassion for myself and others. Being mindful of the now.

Deborah Austin: The outpouring of donations and support from the community has been uplifting. One vendor made an ice sculpture that said "thank you." Staff took selfies

Laura Kolmar: connection with family and friends
Julie Raether: Encouraging those that cross my path throughout the day

TB: I feel daily short 10-minute team huddles keep us connected and make our team stronger.

Paula Manuel: I am humbled by number of people who saw video I produced about flattening the curve https://www.youtube.com/watch?v=Jtn5fcDs5eg celebrates what we're doing, what we need

Alexis Castro: in my faith, support from team members

MJ: In my faith, and in the ability to help others who may not be strong during this time

Mendy Goonan: I feel strong in my faith and using that strength to encourage others around me.

Audrey De Alva, Monica Miller: We feel strong in Mankind... we're seeing reassuring behaviors and words of affirmation come through stronger than we have encountered

J Reyes: I feel safe and strong connecting with my team daily virtually. I feel safe being at home with my child next to me. I feel strong being home knowing I am helping others by doing so.

Mark VanderKlipp: Find time to exercise, clear out the cobwebs and get away from the screens

Kris: Trusting that God is in control and that we will get to the other side of this

Mary Beth Mielke: Knowing that our Creator is in control.

Rita Horst: Strong in my commitment to keep my team safe and supported.

Alissa Rodriguez: I feel strong knowing I'm doing my part to continue to provide family-centered care and supporting staff with positive messages.

Gabby White Gibson: Staying positive at work with my co-workers and staff. Feeling safe with my children in my home surrounded by love.

Paula Manuel: Nurses generally have terrific and at times dark humor

perlita herrera: having faith in God and seeing that my daughters are healthy. Staying optimistic

Angela Mounsey: Trusting that God is in control!!!!

Grace I.: Feeling strong in my faith and the opportunity to influence optimism despite all odds.
Lillian Barreiro: Relying in God. I feel strong and safe to be able to work and connecting with friends and family as normal as I can even through this difficult situation.

Joe Connell: Not giving up on hope.

Kathy Stewart: Continue to offer effective complaint management and interact with customers in a caring, loving, understanding manner. Supporting my team.

Gabby White Gibson: Relying on the Lord.

Alexis Castro: Humor has really helped our staff. I've been posting funny nurse memes on the playroom door and they have appreciated it.

Leslie Chambers: Yes, the outpouring of support from the community has been phenomenal!

Jeanne Sinatra: Supporting my work team and my family during this crisis makes me feel strong.

Lillian Barreiro: It is so great to hear and know how we all try to work together to make this time better.